THE LEMON GROVE REVIEW

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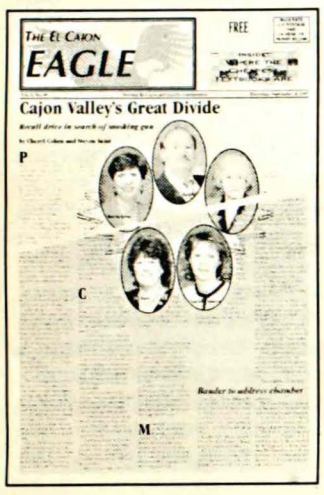
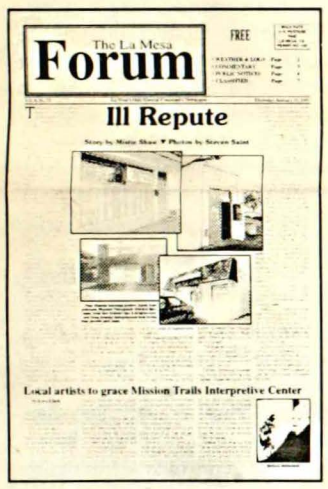
IN THIS ISSUE

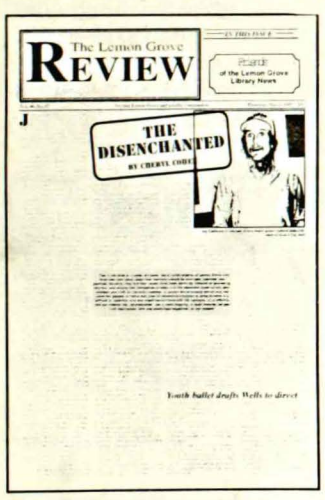
Special Collector's Issue

LOOKING BACK: EAST COUNTY, 1997

A FORUM PUBLICATIONS STAFF REPORT







The news around the world over the past 12 months seems highlighted by death, from Heaven's Gate to Mother Teresa, from John Denver to journalists in Mexico. East County headlines were dominated by political squabbles and parochial intrigue. There were also a lot of winners.

Here's how 1997 unfurled, looking over the last year's worth of Forum Publications newspapers:

JANUARY

Rev. Martin Luther King was remembered at the first-ever **KingFest East County** at the **La Mesa Community Center**, but racists marred the occasion by painting Nazi-White Power slogans and symbols on the building's walls ... It appears as if Lakeside has lost its last remnant of culture when the Dickens Players abruptly cancel their version of "A Christmas Carol" due to lack of participation. Then the **Octad-One** community repertory group moves into the old **Lakeside Theater**. Since that time, East County audiences have enjoyed such fine productions as "Picnic," "Night Must Fall," "The Wacky, Wild Days Of The West," "Dancing At Lughnasa" and "My Three Angels" ... The **Little Darlings** adult cabaret escapes demolition by a Caltrans redesign of the state Route 94/125 interchange, much to the disappointment of **Mayor Mary Sessom** ...

La Mesa **Mayor Art Madrid**'s annual audit report keys on greater state help in protecting local communities and massage parlors again became the fixation of the city council. Santee City Manager **Ron Ballard** suddenly announces his retirement, which will coincide with his 55th birthday in September ... The **Riverview Water District** lowers rates for the first time in its 81-year history... **Aaron Zajac** becomes president of the **Lakeside Water District** board, **Dan McMillan** is the new president of the **Padre Dam Municipal Water District** board and **Rebecca Clark** is finally elected president of the **Grossmont-Cuyamaca Community College Board** ...

Michael Cartwright lobbies **El Cajon City Council** to extend the Public Safety Officers' Procedural Bill of Rights to reserve officers in order to give them the same job protection benefits as sworn officers. The city responds in February by offering money instead ... A **Community-Oriented Policing and Problem Solving** (COPPS) unit opens in the shopping center across from the Spring Valley Community Center. Under the able hand of **Sgt. Frank Bird**, seven deputies began a different kind of attack on crime — going after the roots of problems. Community leaders donate materials and services to aid the underfunded fledgling office ...

Parents override **Lemon Grove Middle School** staff and teachers' attempt to implement a "modified" seven-period day. Students would have had to give up one of their two elective courses in order to provide additional time to assist below-average students. Parents and kids said the proposed plan would penalize students who are doing well in school ... KNSD News anchor **Vic Salazar** spends a week revisiting scenes from his Spring Valley past for a TV news segment. He finds, among other things, congested traffic as construction on the flood control network that is under **state Route 125** progresses ...

FEBRUARY

Pageants get underway, with **Mandie Marx** crowned Miss Lakeside and **Amber Manchester** Miss Teen Lakeside. Santee's **Michelle Nguyen** takes the Miss East San Diego County USA title ...

The Pointe at the southern edge of Spring Valley comes alive as earth movers renew grading on the residential portions of the resort property. Meanwhile, the **La Mesa-Spring Valley School District** releases a report showing that sometime in the year 2000, the district will have an equal number of white and "minority" students ...

The **La Mesa City Council** decides to undertake another parade event — Flag Day. The search for a volunteer organizer commences and efforts are made to update La Mesa's Vietnam War Memorial, first dedicated in 1970. In Santee, the parade association splits over internal bickering. A second organization, the short-lived **Santee Community Activities Network** is formed. For another year, no parade is organized ...

An **ASTREA** helicopter crashes north of Santee Lakes, killing a deputy. **Capt. Chuck Lane** resigns from Santee's sheriff substation. Lemon Grove's **Retired Senior Volunteer Patrol** (RSVP) lodge discontent with the lack of support from the Sheriff's Department for the little things they've requested: reliable cars, badges, uninterrupted lunches. Their requests meet with little response, but most RSVP officers opt to stay, anyway. Four boys stop a mail theft on Mulder Street by staring the crooks down. Retrieved mail was returned to the rightful recipients ...

The El Cajon and La Mesa chambers of commerce elect the board of directors to lead the new **East County Regional Chamber of Commerce**, which is to start operations in July. The merge between the two chambers is promoted as "strength in numbers," giving membership added benefits unavailable to the individual smaller chambers ...

The television show "Renegade," filmed on location in East County, was canceled, but **Stu Segall**'s production crew is back in town shooting a CBS

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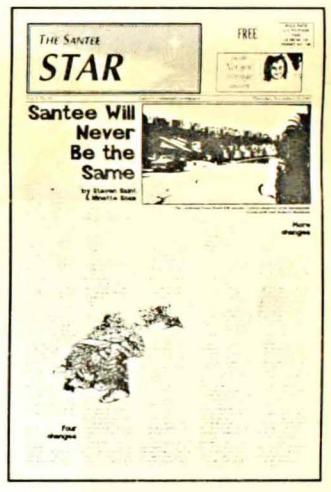

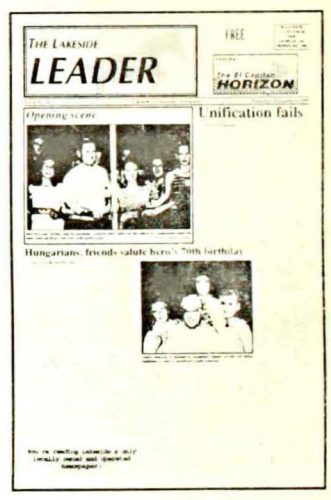

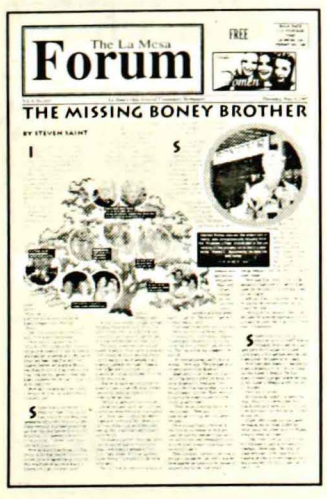

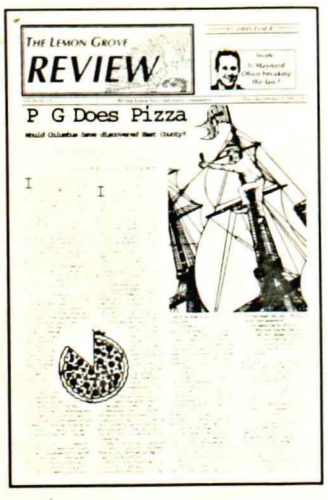

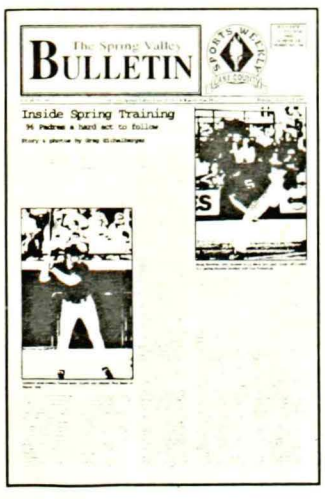

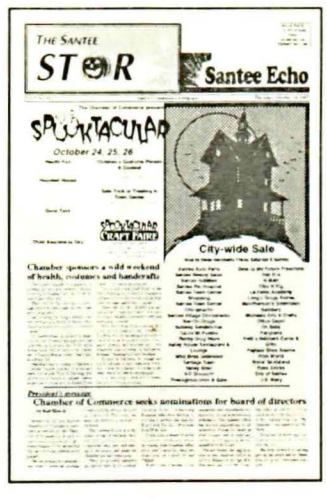

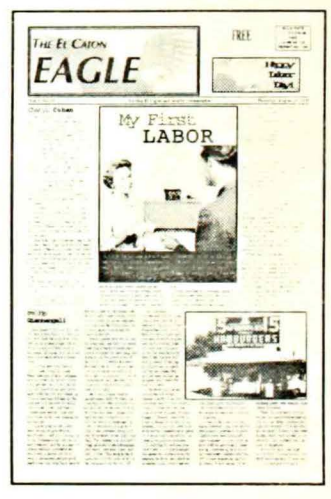

B Words

by Bob Burns

Christmas programs make us proud in the city

The comment was, "Isn't this why we are so proud to be living in Lemon Grove?"

It was heard several times as we exited the Living Christmas tree at Skyline Wesleyan Church following the matinee performance of same. The 24th edition of the program was the best ever, and I am sure that it was thoroughly enjoyed by all in attendance. The company of Don and Shirley Pountney, and the redoubtable Tom Clabby, plus Dona Lynn, made the afternoon most memorable.

We go back to the beginning when Pastor Orval Butcher was at the helm. We remember Jimmy Johnson, Otis Skillings and John Maxwell. We saw the congregation make a very definite appeal to the youth, and to flourish. It makes one wonder why other of the churches have not followed that lead. The total involvement of the members of that church has made the Christmas program, not only a sellout, but also a real celebration of the true meaning of the season.

We go back when our darling little neighbor girl Sheila Reinecke was the top "star" on the living tree, and we were so thrilled. Over the years it has grown in technological display, and the music mixes the old traditional with new. The Santa theme is cleverly the overture, but the real meat of the season is brought along to the climax and a wonderful finale. Pastor Jim Garlow is to be commended, as are all of the hundreds of parishioners who put on the show. It is really kind of a Lemon Grove tradition, and if you haven't seen it, be sure to watch for next years performances.

The festival of Chorales at Saint Johns, was also a very nice bringing together of the denominations in our town. We do have a very unique situation in Lemon Grove. The various churches are very cooperative, and work together for the purpose that we all seek. It is most commendable that the Knights of Columbus, and the Masons, meet once yearly for a communal dinner party and share the proceeds to their special benefits. Personally, I do not know where, or if, that happens anywhere else.

The Christmas season should be a happy time for all. The merchants prosper, the kids are gratified with gifts and the Christmas tree lots empty to the tune of carols and joyful tasks in homes all over our land. Maybe the "tree huggers" are unhappy, but it seems to me that the overall good spirit, and pleasant attitudes, far overcome the environmental detriments.

The coming year will be exciting and we should all be of good heart. The Chargers will be hotter, the Padres will win, El Niño will be a flash in the pan and our little town will be a shining light in its progress and lack of controversy. Our fire service will improve at lower cost, our streets will be paved, trolley ridership will elevate and a big new development will come to town to benefit everyone. I guarantee it ...

Lemon Grove Sheriff's Log

Dec. 10, 1997
7114 Westview Pl. Residential burglary. $520 value.
Dec. 14, 1997
8400 blk. Blossom Ln. Stolen vehicle. Value unknown.
Dec. 15, 1997
7400 blk. Daytona Ave. Auto theft. Value unknown.
Dec. 16, 1997
8200 blk. Vernier St. Auto theft. Value unknown.
7500 blk. Broadway. Petty theft. $400 value.
Dec. 17, 1997
3100 blk. Crane. Residential burglary. $300 value.
Dec. 18, 1997
1800 blk. Massachusetts Ave. Auto theft. Value unknown.
6900 blk. San Miguel Ave. Auto theft. $5,000 value.
7100 blk. Broadway. Strong-arm robbery. Value unknown.
7100 blk. Westview. Auto theft. $4,000 value.
Dec. 19, 1997
1800 blk. Ramon St. Residential burglary. $60 value.
Dec. 20, 1997
3200 blk. Lemon Grove Ave. Strong-arm robbery. $80 value.

For advertising rates
call Dan at 461-4306

WEATHER

The following information was provided by the National Weather Service.

		High	Low
Dec.	22	63	38
Dec.	23	67	40
Dec.	24	67	43
Dec.	25	61	36
Dec.	26	66	36
Dec.	27	69	36
Dec.	28	72	41

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All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

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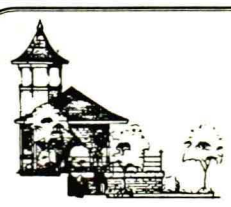
Only publication of an advertisement shall constitute final acceptance.
Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946


Proud Member
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Lemon Twist

by Cheryl Cohen

After finishing up my portion for the "Year in review" issue, I couldn't help but jot down some observations of my own past year:

JANUARY: Little Darlings escapes Caltrans demolition and builds new bridges with the *S.D. Union-Tribune* reporter, Mark Arner, by offering "bottomless drinks" ... Publisher Steven Saint has stroke of genius (or sickness, depending upon whom you ask) and allows me to start the "Lemon Twist column."

FEBRUARY: I write an article for *Voice and Viewpoint*, but the publisher insists I have the "wrong idea" when I don't pen it from a "black" point of view. I decide to stick with Forum Publications because they seem to recognize that words are colorless, if not odorless ...

MARCH: I do not eat green bagels or drink green beer, refuse to change my name to O'Cohen, and am shunned by all Irish Jews.

I let *Union-Tribune* reporter scoop the "SHOP, LIVE, PLAY" sign story and probably will live to regret it when he someday obtains the movie rights.

APRIL: Got in trouble for my Almost April Fool's Day Issue contribution, "Pudding Del Fuego" for using an imaginary company called The Cohen Group, which offends some lady in Santee, who actually has a company by that name ... Receive 10 messages on my machine containing various rumors implicating a Mr. Baker and a Miss Donut in an illegal donuts-for-cars scam, but decide it's probably not newsworthy.

MAY: I get the ECEDC angry at me by means of my "97-hour bus tour" and "what prosperity?" peppered Twist columns ... I am invited to read a story to students at Mount Vernon Elementary School and to tell them about my job as a reporter. I receive a huge amount of letters from them afterwards ... one of which says, "Thank you for telling us about your job as a reporter. Now, I think I want to be a ditch-digger ..."

JUNE: I become exceedingly jealous of Larry Himmel's Lemon Grove story when I see him dipping his hands in vats of chocolate on television ... Yellowshirts annoy me by putting my name on the back of their T-shirts as a supporter, rather than reporter, but I secretly wear the shirt in San Diego ...

JULY: **Doug Yount** entertains meeting attendees with piano playing while council decides his bonus in closed-session and I silently wonder on which performance they're rating him ... petition is started to keep former Lemon Grove Fire Inspector **Shawn Branaugh**'s position, but even supporters don't want to put their name on it because of a new phobia sweeping the city: fear of firefighter retribution ... Some Lemonites save their neighbor's home from fire, but won't give their names and don't even show up for their award at a council meeting ... a lady calls tell about problems with one city agency, and to give kudos to another, but won't give her name ... While judging at a karaoke contest at Dirk's Horseshoe Lounge, I am barraged by singers trying to give me their names.

AUGUST: Everybody wants to recall everybody. I, on the other hand, have trouble recalling my own name.

SEPTEMBER: I decide not to light my hair on fire to see if Lemon Grove firefighters will come to my aid.

OCTOBER: I do an extra-mushy piece about Paint Lemon Grove, and receive an irate call about how my stories are always negative and "just crap." I decide I must be on the right track.

NOVEMBER: Nothing low-fat happens ... I'm forced to write more "To-The-Tune-Of ..." songs for the column....

DECEMBER: I'm in a tabloid mood. My New Year's Resolution would be to create news where there is none, except that my publisher tends to reject those "**Dick Hennis** sells gallstones for $500,000" stories.

If you'd like to see yourself or your group in the column in 1998, make sure you keep sending me your announcements, press releases, and pressed flowers to The Review, or directly to me at 619-264-3153 (msg.), 264-4180 (fax), or e-mail me at cirious@cts.com. Happy New Year!

Community Notes

The Grossmont Christian Women's Club will meet for lunch from 11:15 a.m. - 1:15 p.m. on Jan. 8 at the La Mesa Women's Club, 5220 Wilson St.

Featured at the luncheon will be "Unique Centerpieces" by June Lehan-Welker, "Treasured Melodies" by Susan Harbison and "Precious Gems" by Reidon Gresswein.

Free child care will be provided. For luncheon and child care reservations call Norie at 562-6118 or Gerry at 449-6350.

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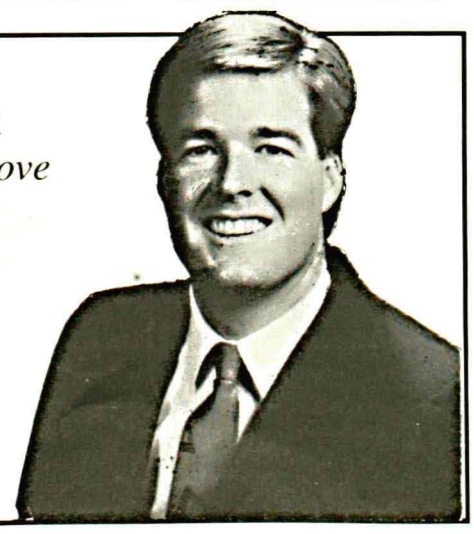

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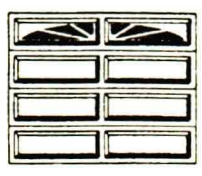
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Commentary

Person of the year

by Paul Treske

This is that time of year when media writers cannot resist the temptation to look back over the preceding months and pick out the "best" this or that within their chosen journalistic areas. Film critics select the year's ten best or worst; TV pundits try, with limited success, to find ten good shows from the previous 365 days, and Time magazine leads them all by selecting its Person of the Year (it used to be Man of the Year, but political correctness took care of that).

This year Time has chosen a technocrat who most of us outside of the cyberspace field never heard of. This, I suggest, is because they couldn't think of anyone on the world stage worthy of the designation.

Think about it for a minute. Whom would you name? Names that come quickly to mind on the basis of the amount of TV time and newsprint spent on them are Princess Diana and Mother Teresa, but both achieved headlines by dying rather than by specific accomplishments in 1997.

Who else? No one in Washington covered themselves with sufficient glory to earn the designation of Person of the Year. Bill Clinton is Bill Clinton with all of his bright moments and concomitant warts. Madelyn Albright caught our attention briefly as the first female Secretary of State, but the hash she made of her efforts at Mid-East diplomacy removed any aura she might have started with. Congress was dreadful, with a number of easily identifiable candidates for boob of the year coming quickly to mind.

Europe's leaders are a motley lot (I'll bet most of you can't even name them all). Boris Yeltsin deserves some praise for simply surviving on the job, but did little that was actually useful. The so-called leaders of the Middle East are a dreadful lot, who managed in one short year to set prospects of peace in that region back for at least a decade. No one else in an international leadership role stepped forward with anything worth noting. Perhaps Nelson Mandela of South Africa came close by becoming the first African leader to actually quietly resign at the end of his term and not attempt to keep power, thus necessitating either his assassination or overthrow.

Back home again the Fed's Allen Greenspan was skillful in manipulating interest rates and thus keeping the bull stock market afloat, but person of the year? There were no earthshaking medical discoveries, although some guys, for better or worse, cloned a few sheep. Tiger Woods flashed across the sporting scene like a meteor but I simply can't image someone playing a game being named best of the year.

I'm afraid 1997 was just a kind of vacuum, where celebrity substituted for real accomplishment. And so, I leave my Person of the Year slot empty, hoping to do better in 1998. Of course, the world is filled with unheralded local heroes whose accomplishments, were they known, would make them more than worthy. But we never really hear about them in a media dedicated to highlighting crime and celebrity. Too bad, but, as a well-known TV newsman use to say, "That's the way it Is."

PG Perspectives

by Phillip Giannangeli

Predictions

Last year when I ventured into the arena of predictions for the new year, a few of you were uneasy. "What makes this Perspective Guy think he has any special talent to forecast events for the new year?" was a question faxed, phoned, and shouted (in supermarkets and at tractor-pulls) to the editor of this newspaper. Some of you were less restrained in your responses to my prognostications: threatening cancellation of your subscriptions or calling anonymous hot-lines with tips as to where possible skeletons in my closet could be found.

Well, you prediction phobias, your threats didn't work. My editor, standing tall in his wading boots, has decided to indulge me once more in my peek into what's in store for the new year. Here's what I predict we can expect in 1998.

I predict that Martha Stewart's ill fated romance with Marv Albert won't blossom like one of Martha's perfect roses. The gulf between the two just seems to be too great. The Marv Albert Cookbook: My Favorite Bites, will not be published under Martha's firm hand and Martha's long anticipated foreword won't be part of this year's literary glitter either. I know it's a sad beginning for the year, but if you sprinkle rose petals on the lens of your reading glasses and moisten them with a chardonnay, the images you see will be a little cloudy but they won't seem quite so bleak.

On a happier note, I see 1998 bringing the end to Geraldo Rivera's afternoon slug-fest. Sadly, however, I also predict that he will move into the evening hours with a network show that will continue his infestation of the American scene. A Geraldo free year just doesn't seem to be in the cards for 1998.

I see dark clouds on the horizon for Susan Golding, mayoral-senate candidate for San Diego. I predict 1998 will be the year she'll utter some forgettable pronouncement that will have her staff backpedaling like crazy. There are rumors that she has even tried out the catchy phrase "7-11's are open most of the time and they have Big Gulps, so the schools should be open the same hours and offer the kids Big Gulps whenever they want them." I also predict that the good Mayor will offer a ticket give-away plan using parking tickets instead of stadium tickets so the less fortunate won't feel left out.

On the international scene, I predict that Sadam Hussein will suffer a death worthy of his life. I see him walking into his bathroom for his morning toilette and he picks up a canister of deadly nerve gas placed in the medicine cabinet by mistake. He sprays his underarms and as they say, the rest is history. Poof goes the weasel! The world-wide outpouring of pure joy will surpass that given the announcement that Elton John will never write or sing another tribute song.

I also predict that there will be a major announcement in the Paula Jones/Bill Clinton show-and-tell case. Detectives hired by the Clinton people will discover that Paula Jones is really a first grade classmate of Hillary Clinton who lost a very hotly contested election for health monitor to the first lady. She's been bitter and seeking revenge all these years. I predict that this discovery will lead to a counter suit brought by Mrs. Clinton in which she will demand that the court be shown the unique characteristic that Ms. Jones has and which caused her to lose the election. I won't venture a prediction on the outcome of the trial, but I do see a lot of tabloid interest in any photos from it.

My final prediction for 1998 is that a well known screen star will announce that all the hulkiness he's displayed over the years was the result of the use of steroids, the application of bacon grease, and carefully selected camera angles. Sly one that he is, he will refuse to elaborate. He will also announce that he now wants to play the lead in a movie based on the life and times of Slim Pickens, a true American hero.

Some of the predictions I have made may seem like long shots, but remember last year when I predicted that Al Gore would make an announcement about some sort of involvement he had in the making of a romantic movie and you all laughed. Well, so much for you non-believers. Na, na-na,na,naaa!

A warning for 1998 and this is very serious: Watch out for a new mechanical pet invention that will double as a guard dog.

Reel Thoughts

Plenty to rant and rave about in 1997

by Betty Jo Tucker

One of the raves: (Left to right) Fred Willard, Catherine O'Hara, Christopher Guest, Parker Posey and Eugene Levy celebrate through song in honor of Blaine, Missouri's 150th Anniversary in "Waiting for Guffman."

Few years equal 1997 for the number of outstanding movies and real stinkers released during a 12-month period. This makes choosing the best and worst films of the year a more daunting task than usual. But a critic does what a critic has to do, so here goes.

During 1997, "A Smile Like Yours" made moviegoers frown and "The Ice Storm" left them cold. "Seven Years in Tibet" proved even Brad Pitt can't save a lousy movie. In addition, "G.I. Jane" revealed that Demi Moore can be as brutally violent as hubby Bruce Willis, while "Boogie Nights" reached new depths of filmic depravity and "Event Horizon" insulted the intelligence of sci-fi enthusiasts.

Sadly, "Speed 2" put the brakes on perky Sandra Bullock's career. "Till There Was You" ranked as the number one worst movie of the year until "Playing God" came along and violated the Eleventh Commandment: Thou Shalt Not Bore the Audience During Each and Every Scene.

But, oh, the delights of such remarkable films as "As Good As It Gets," "Breakdown," "Eve's Bayou," "Good Will Hunting," "L.A. Confidential," "Selena," "Shall We Dance?," "The Edge," "Waiting for Guffman" and "Washington Square"!!!

Some unforgettable performances during 1997 would stand up against the best of any year. Here are my favorites. Helen Hunt and Jack Nicholson in "As Good As It Gets," Bai Ling in "Red Corner," Matt Damon and Robin Williams in "Good Will Hunting," Kurt Russell in "Breakdown," Jennifer Lopez and Edward James Olmos in "Selena," Samuel L. Jackson and Jurnee Smollett in "Eve's Bayou," Aaron Eckhart in "In the Company of Men," Jessica Lange in "A Thousand Acres" and everyone in "Washington Square," "Waiting for Guffman" and "L.A. Confidential."

Memorable screen moments included "George of the Jungle" playing fetch with an elephant who thinks he's a dog, Mira Sorvino fighting off giant cockroaches in "Mimic," John Voight getting his comeuppance as the slick lawyer in "The Rainmaker," two "Men in Black" saving the universe, Tara Fitzgerald enchanting an all-male band with her haunting flugelhorn solo in "Brassed Off," and, of course, the "Titanic" sinking again.

May 1998 bring us even more excellent movies, fine performances and note-worthy scenes. HAPPY NEW YEAR!

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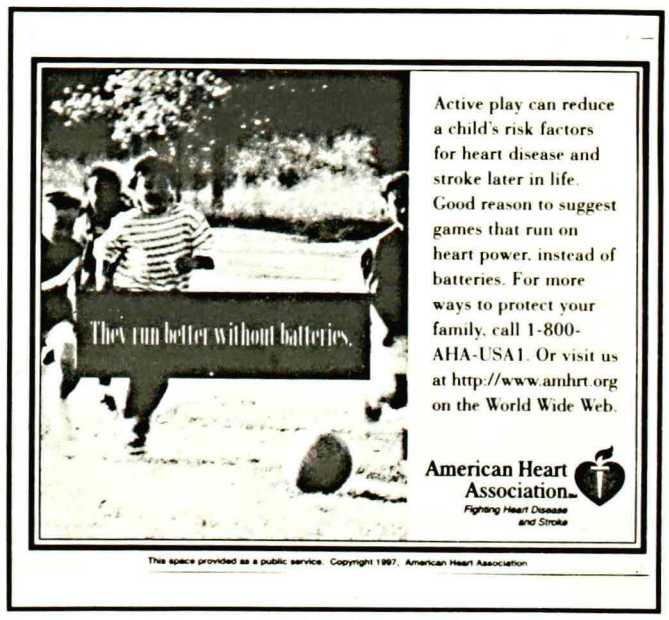
They run better without batteries.
Active play can reduce a child's risk factors for heart disease and stroke later in life. Good reason to suggest games that run on heart power, instead of batteries. For more ways to protect your family, call 1-800-AHA-USA1. Or visit us at http://www.amhrt.org on the World Wide Web.
American Heart Association.
Fighting Heart Disease and Stroke
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YEAR IN REVIEW

Continued from Page 1

movie-of-the-week, "Suspicion of Innocence" ...

MARCH

Habitat For Humanity opens its new county headquarters in Lemon Grove. **EDCO** is given the go-ahead to build a trash transfer station in La Mesa. **Ann-Marie Wellhouse**'s proposed home-based charter school, later to be named **River Valley High School**, receives its charter from the state of California ... Parents and staff at **La Presa Middle School** want students to wear school uniforms next year. The school board agrees.

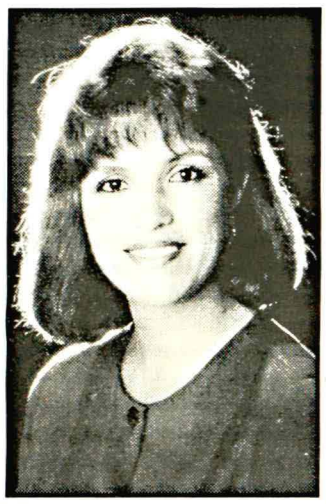
The **Lemon Grove Planning Commission** stops short of establishing code regulations for front yards. Front porch washing machines, minor driveway auto repairs and neon house paint are all safe until a decision is made on design standards — no such luck for those parking their cars under tarpaulins — city council adopts an unpopular Zoning Ordinance amendment establishing standards for "unconventional" carports, in the face of huge public opposition ... Public displeasure mounts over the brown **Grossmont-Fletcher Hills water tower**. It receives an architectural "Onion" and local citizens demand re-painting ...

College board Trustee **Carolyn Griffin** suggests the district hire an obscure Ventura firm to audit the audit. The board majority agrees with little comment ... Riverview and Lakeside Water District board members tour each other's facilities to gain more information about the possibility of a merger ... The sewer rate reduction of the Padre Dam Municipal Water District goes into effect ...

The local **Christian Coalition** honors El Cajon City Councilman **Bob McClellan**, radio personality **Mark Larson** and former coalition chair **Don Smith** with annual "Shine the Light" awards ... **Sam Knott**, father of the murdered Cara Knott, persuades the La Mesa City Council to shine a light of officer conduct by equipping the police cars with video cameras ... former Assemblyman **Tom Connolly** clears his first legal hurdle, but there are others yet to come, including charges of sex with a 14-year-old prostitute ... **Comet Hale-Bopp** can be seen with the naked eye in the pre-dawn skies...

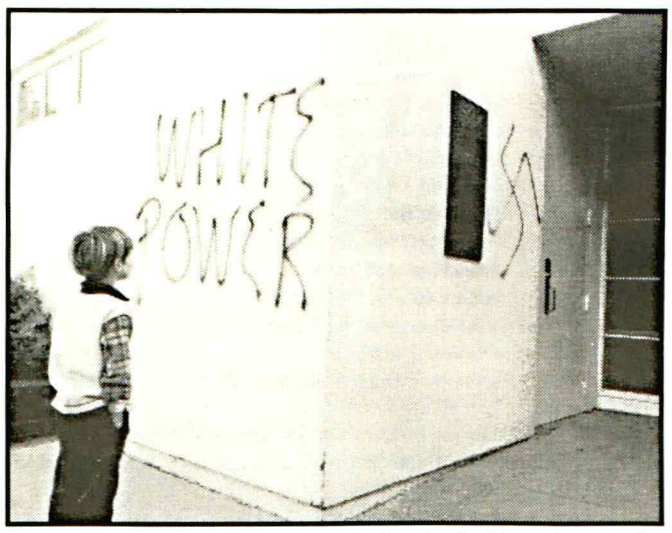
APRIL

Santee's **Ninette Sosa** files radio stories across the globe for being one of the first to cover reports of 10 bodies found in a Rancho Santa Fe mansion ...



Ninette Sosa had run-ins with Heaven's Gate and Jesse Jackson.

For the first time in history, Lakeside's **Western Days Parade** was held a week *before* the big Rodeo Days celebration. Hundreds attend Bancroft Baptist Church's block party in Spring Valley ... Santee's new Civic Center is opened ...



Vandals try to grab attention by defacing the La Mesa Community Center the night before January's KingFest East County.

Photo by Steven Saint

Summer Stuart is crowned Miss Lemon Grove, **Merilee Norman** wins Miss La Mesa, **Chrissy Johnson** is named Miss El Cajon, **Diana Culo** is Miss Santee and **Krista McNelly** is crowned Miss Spring Valley ...

With Mayor Sessom out of town, a 2-2 tied vote by city council stalls Lemon Grove's part of the "local bicycle network," leaving the city as the only missing link in the area's bike lane paths. Santee's council begins serious consideration of a skateboard park...

Lemon Grove decides to remove the landmark "SHOP, LIVE, PLAY" sign rather than to pay prohibitive rent and repair charges ... City Attorney **Gloria McLean** seeks and receives a billing rate-revamp to her 1977 contract with the city for legal services, while Santee councilmembers interview candidates to replace McLean, who resigned last year under a cloud of controversy ... The La Mesa Council does a 180-degree turn and votes down video cameras in police cars, claiming the expense is too great ...

Mount Miguel High School picks up more prizes than any other school after judges finished ranking the 740 exhibits at the 43rd Annual Greater San Diego County Science & Engineering Fair. **Erika Marambio** was a sweepstakes winner and went on to garner awards at the international competition. **Larry Nordell** is also honored as County Science Fair Teacher of the Year ... People are still trying to figure out where Grossmont Union High School Board Trustee **Nadia Davies** actually lives ...

MAY

The **Carson & Barnes Circus** comes to town (no one was killed and eaten, though). New age guru **Depak Chopra** toasts the opening of the new East County **Cardio-Pulmonary Wellness Center** in La Mesa. Lakeside's **Bob Barney** and Santee's **Woody Miller** are among the featured guests at the **Wings Over Gillespie** airshow ....

Santee parent and political-wannabe **Bob Ward** introduces the **Parental Involvement Initiative** to the county Office of Education. In June, the county board refers the initiative to the local school boards ... The state Board of Education approves the **Lakeside unification** petition, sending the measure to the voters ...

Mount Miguel's **Roxie Edler** is named Teacher of the Year for Grossmont Union High School District. **Bob Taylor** is named Citizen of the Year by the Santee Chamber of Commerce for helping establish the RSVP program. El Cajon's **Rose Aftreth** is named head of the county's Girl Scout's ... **Boney's Marketplace** changes its name to "Henry's," but the fabled family history quietly ignores one son/brother who owns two stores keeping the old name ...

The city of Santee receives $2 million from HUD to finish **Shadow Hills Park**. In Lemon Grove, developers catch everyone but the city council by surprise with an expansive proposal for a combination theater multiplex and shopping center at Broadway and Massachusetts Avenue ... **Old Time Days** kicks off Lemon Grove 20th anniversary as an incorporated city ... The Grossmont High School District hires **Thomas Godley** as new superintendent ...

Fox TV visits **Grossmont High School**'s computer lab, one of the best in the county. Students go on to win Best of Show in the Internet category at the Del Mar Fair ... Spring Valley's **Howard Owens** receives a San Diego County Bar Association award for a Forum piece on jury nullification ...

JUNE

The **Santee City Council** issues its opposition to a proposed **off-road vehicle park**, citing concerns about noise and access to the Gooden Ranch area. Parental opposition causes **El Capitan High School** Principal **Mark Lindsay** to allow ninth-graders to opt out of the **Futures 2000** program he thought he had instituted. El Cajon cracks down on underage smoking by banning self-service cigarette displays. A group calling themselves "Save Our Lemon Grove Homes and Businesses" gets thrown a bone by the city with a temporary ease-up on zoning requirements ...

Over 90 percent of Lakeside, Santee and Bostonia voters approve **Proposition F** to retain the assessment for paramedic services. The **Grossmont Health-Care District** votes to give the

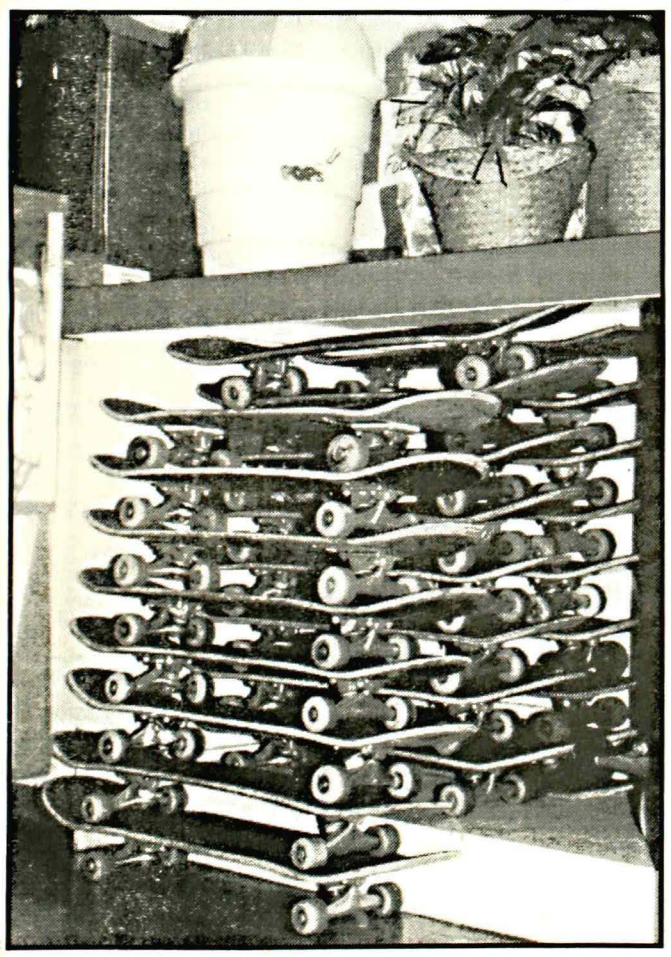
The year was filled with recall campaigns eled at (top, left to right) Nadia Davies, J trict Board and (bottom, left to right) Cajo

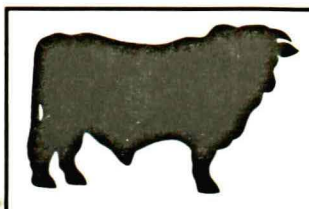
Spring Valley Health Center $500,000. More than one million dollars has been donated and $300,000 more will be needed to complete the project. The first annual **Flag Day Parade** and celebration draws a large and enthusiastic crowd as La Mesa debuts its new city flag ...

Padre Dam Municipal Water District director **Doug Wilson** moves off the board to become the district's director of finance. **Tyler's Taste of Texas** moves

While skaters in Santee are waiting for the city to build a park, Spring Valley Middle School kids found a friend in Ed Perry, who stored their boards during school hours at Pop's Soda Fountain just off campus.

Photo by Mistie Shaw





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20# CHUCK ROAST	4# BOLOGNA
25# GROUND BEEF	3# SALAMI
25# FRYER CHICKENS	5# BACON
5# BBQ STEAK	10# BEEF RIBS
20# END CUT PORK CHOPS	

into the former Pullman's Restaurant location in Lemon Grove ...

Rainbow Travel of Grossmont Center wins the Integrity Award from the **Better Business Bureau**. Forum writers **Phil Giannangeli**, **Cheryl Cohen** and **Joe Naiman** receive awards from the **Society of Professional Journalists** ...

JULY

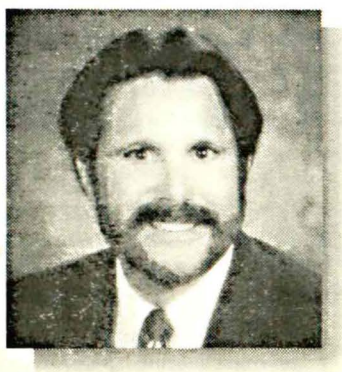
As hot as it was outside, nothing could compare to the heat generated by the **Proposition C** debate, just beginning to boil over. Even several 10,000-word stories by Joe Naiman on the impacts of taking El Capitan High School from the Grossmont district couldn't keep things from simmering all summer. Lemon Grove City Manager **Doug Yount**'s compensation follows the temperatures, with an $8K bonus based upon a rating system which includes categories such as "wowie-zowie" and "walks on water" ... The **Grossmont HealthCare District** sues **Sharp HealthCare** for potential conflict of interest when negotiating a lease agreement on **Grossmont Hospital** ...

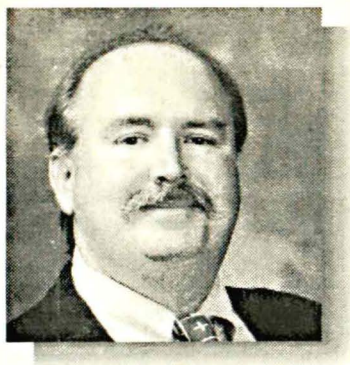
The **El Cajon Recreation Department** and several community groups host the first-ever **Family Day in the Park**. Lemon Grove celebrates its 20th anniversary of incorporation with a big party at the senior center. The new East County Regional Chamber of Commerce holds its first monthly breakfast ...

The **Lakeside Union School District** is selected to become part of a countywide arts partnership. **Christian Community Theater** presents a proposal to the **La Mesa City Council** to build a new theater on the site of a city warehouse next to the post office. CCT leaders claim they can turn water into cash as "Godspell" opens at the Mount Helix Amphitheater ...

The **Lemon Grove City Council** loosens alcohol regulations imposed four years ago in order to appease big-box developers. El Cajon OKs an 18-screen multiplex for **Parkway Plaza**. In a counter move to support local business, the **Santee Chamber of Commerce** launches its "Made in Santee" label campaign ...

Lemon Grove Councilman **Craig Lake** announces his run for mayor against incumbent **Mary Sessom**. Citizen-activist **John L. Wood** attempts a recall petition, but has difficulty wrangling paperwork from Lemon Grove's election official, **Christine Taub**. The **Cajon Valley School Board** majority demotes Superintendent **John Costello** after months of dissatisfaction, a move that will unleash a recall effort within a month. Grossmont Union High School District Trustee **Maynard Olsen** and his family vacate their La Mesa home for Orem, Utah. For the rest of the year, Olsen commutes from Utah to keep his board member benefits ...





s and rumors of recall campaigns. The most serious efforts are being lev-une Mott and Michael Harrelson of the Grossmont Union High School Dis-n Valley Trustees Laoma Davidson, Marsha Saben and Joe Mackey.

"His dream ... My dream"

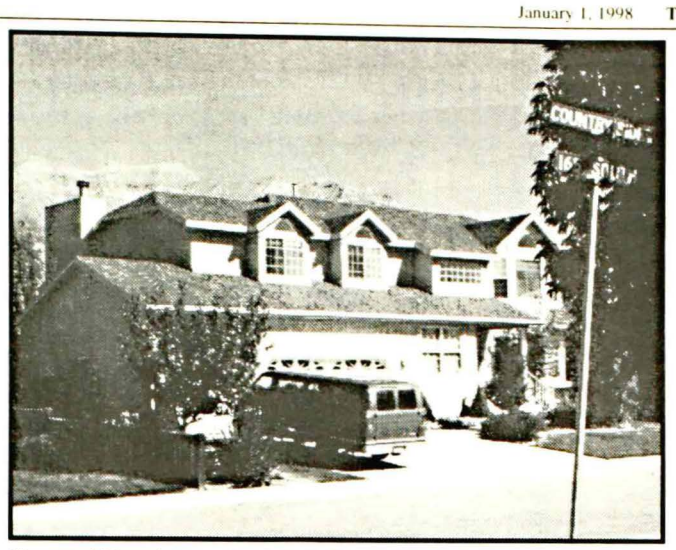
KingFest East County 1998

Sunday, January 18
6:30 - 9 p.m.
La Mesa Community Center

Join us for an evening of performance in tribute to Dr. King's vision of equality and freedom.

Co-sponsored by the cities of La Mesa, El Cajon and Santee

For further information, call 462-8485.



Maynard Olsen's new domicile in Orem, Utah. *Photo by Bruce McCormack*

AUGUST

Money matters dominate. Lakeside School Trustee **Harold Hilliker** battles a $5,000-a-year pay raise for upper-echelon staff of the district. **Mesa Valley Grove Senior Programs**' nutritional program, which serves group and in-home lunches to seniors, is $152,000 in arrears to the **Lemon Grove School District** and other creditors. Angry seniors and senior center workers cry foul in answer to MVG administration's denial of mismanagement accusations. The Helix and Padre Dam water districts mount a campaign to stop talk of painting the Grossmont-Fletcher Hills storage tank: the threaten higher water bills. Hearings are jammed after warnings go out in water bills ...

Dr. **Jesse Dixon** is appointed to fill the Padre Dam Municipal Water District board vacancy, beating out former Santee Mayor **Jack Doyle**. El Cajon Mayor **Joan Shoemaker** is the guest speaker at the **Catfish Club**, which harbors hopes of spreading the **International Friendship Festival** across the nation. Santee reporter Ninette Sosa makes national news for the second time when **Jesse Jackson** asks if she's expecting a baby ...

Ground is broken on the new EDCO trash transfer project in La Mesa and **Alvarado Hospital** celebrates its 25th anniversary ...

SEPTEMBER

Skateboarders cause a miniriot near Lakeside's **Lindo Park**. Meanwhile, 46 Catholic pilgrims (mostly youth) from **St. John of the Cross Church** spend two weeks visiting religious sites in Europe, having an audience with the Pope and attending World Youth Day in Paris ...

Former beauty queen/radio and TV personality **Pat Brown** addresses Lemon Grove's annual prayer breakfast. The **Spring Valley Fall Festival** attracts large crowds with such events as a parade down Campo Road and a carnival at **Santa Sophia**. The 7th Annual Friendship Festival returns to El Cajon and **La Mesa Beautiful** honors those who helped beautify the city ...

Mesa Valley Grove Senior Services struggles to stay open. Two officers resign under cloud of unanswered questions about a missing $15,000 from "MVG Foundation" ... Santee mother **Guadalupe Dailey** disappears and authorities fear homicide ...

The **East County Economic Development Council** launches a huge premature PR campaign for their non-existent Web site called "The Connectory" and gets an additional $184,000 in funding from San Diego County. Supervisor **Dianne Jacob** reopens her satellite office at the **East County Regional Center** ...

The **Sierra Club** helps organize a public forum in Santee on proposals to turn **Fanita Ranch** open space into 3,000 upscale homes with a golf course. The **League of Women Voters** marks its 40th anniversary in East County ...

OCTOBER

Prop. C and the fate of El Cap seems to be ripping Lakeside apart. A forum is held at the VFW Hall, and English teacher **Penny Turk**'s students learn firsthand how to shout down people and throw rocks through windows ... La Mesa's **Andy Lee** wins the **California Country Music Association**'s Video of the Year award for "Which Way is Right" ...

Mount Miguel High School's science building is demolished by fire with damages estimated at $1 million. Community efforts seek to help science fair participants continue their projects and budding scientists raise funds for special field trips. Meanwhile, Lemon Grove contracts with **San Miguel Fire Protection District** for fire services, forfeiting two employees in the process ...

Paint Lemon Grove cleans up and paints 35 homes and one chapel in a concerted effort by over 1,400 volunteers ... La Mesa unveils its newly remodeled chambers. **Grossmont Bank** celebrates its 25th anniversary ...

Mesa Valley Grove's newly-revamped board of directors decides to get personally involved with the restoration of the agency's finances by "marrying" themselves to the different departments of the agency. Carpetbagging college board Trustee **Carolyn Griffin** suddenly resigns. Carpetbagging high school district Trustee **Nadia Davies** is served with recall papers ...

The **Padre Dam Municipal Water District** selects **New Energy Ventures** as its energy carrier; the district also opens its new 2 million gallons per day water reclamation facility ... The **El Capitan Stadium Association** steps in to host the annual **Lakeside Chili Cookoff** after the **Lakeside Lions Club** opts not to host the annual event ...

Santee animal lovers report a pony-ride company to the **Humane Society** ... former Assemblyman **Tom Connolly** is sent to prison for two years on a sex charge ...

NOVEMBER

Prop. C, the Lakeside unification initiative, goes down in flames, as does **Payton's Hardware** in downtown Lakeside and two private airplanes north of **Gillespie Field** ...

El Capitan senior **Jennifer Hark** is named Queen of El Cajon's **Mother Goose Parade** ... The commitment of personal involvement made by Mesa Valley Grove board members is so time consuming that treasurer (and city councilman) **Craig Lake** decides he won't run for mayor after all ...

Grossmont Union High School District Trustees **June Mott** and **Michael Harrelson** are handed recall papers. Meanwhile Superintendent **Thomas Godley** gets a $10K raise ...The Padre Dam Municipal Water District increases its rates to reflect a rate increase from the **San Diego County Water Authority** ...

A $500,000. trust left by **Dan Thren** for the building of a new "Virginia Spencer-Thren" library is finally turned over to the city of Lemon Grove. The trustee interpreted Lemon Grove's non-action on the library effort as disinterest and filed a petition to turn the money over to other local library interests ...

A wild turtle is found in a backwater of the **San Diego River** near Cuyamaca Street in Santee. Experts say this particular species doesn't usually make it west of eastern Texas ...

DECEMBER

El Cajon Planning Commissioner **Gary Kendrick** is appointed to replace college board Trustee Carolyn Griffin, beating out retiring San Diego Gas & Electric CEO **Thomas Page**, former Santee Mayor **Jack Doyle** and political-wannabe **Bob Ward**. Dr. **Carol Leighty** is named the Lakeside Union School District's new superintendent effective July, 1998. **George Tockstein** finally becomes Santee's city manager ... The Lakeside school board names **Harold Hilliker** as its new president. Santee's **Kevin LaChapelle** is the new president of the Grossmont Union High School District board. Meanwhile, rumors of a recall attempt on La Mesa Councilwoman **Ruth Sterling** begin ...

Public hearings on the fate of Santee's **Fanita Ranch** reach a fever pitch as review of the draft environment impact report closes to comment. The Santee council agrees to recirculate a revised EIR to ensure public participation. La Mesa finishes its conservation plan, the last step to signing off the bulldozing of **Eastridge** ...

The Grossmont Union High School Governing Board holds a two-day workshop with an out-of-town mediator in hopes of rebuilding working relationships. No one is optimistic that a board that has lost all sense of civility will suddenly find it, but hope is what a new year is all about ...

Happy New Year!

Some tips for surviving those post-holiday bills

What is worse than doing a lot of credit-based spending at Christmas time? The bills just keep coming in, sometimes for months after Christmas. Many consumers are unaware of how much was actually spent until well after the holidays when all of the credit card bills have arrived. Money is again becoming very tight for an alarmingly high number of Americans.

The *Wall Street Journal* says that about 70 percent of all adult working Americans have no money left over after the monthly bills are paid. This is due in part to poor spending patterns, and because most of the people affected have little or no savings. Panic decisions, often involving thousands of dollars, are made by financially undisciplined people. Often these decisions are unwise and sadly they are made under what seem to be very desperate situations.

Dealing with creditors and getting out of debt are two situations many people are finding themselves in for the first time. Take action early, don't delay! Communications with creditors and others involved is essential for survival and long term financial recovery. Establishing a written plan of action and knowing exactly where you are financially are also crucial.

There are a number of positive steps, however, people can take in order to reduce the negative impact of adjusting to a lower income and frugal lifestyle. Developing new spending priorities and practices to make less do more is an acquired skill, so take steps to learn now how to keep more of the money you earn and do more with the money you keep.

As you work though the situation with your creditors yourself, you will learn better how to avoid making the same mistakes twice plus be able to help others later on. Letting others, like credit and debt counseling services, do the work for you can be less stressful, sometimes. But it also can be very expensive, plus, frauds and scams abound. Many so-called "legal clinics" are nothing more than fronts for lawyers who just sell people on filing for bankruptcy.

The three basic ground rules when dealing with creditors are: be honest, be humble, and be in touch. Take the first step by contacting all creditors, preferably ahead of time if you know an income reduction is pending.

Tell them what's happening (i.e. an interruption or significant reduction of income) and lay the groundwork for a temporary reduction of payments. Have your plan ready. Tell how much you can afford to pay and how often you can pay it. Then be ready to negotiate.

Getting out of debt is a step-by-step process. Avoid more borrowing just to pay someone else off. Sometimes a consolidation loan improves cash flow but ultimately it is added debt and that may have a negative impact on credit files.

What your credit files might say about you in four years is your responsibility and taking positive action with all creditors early usually stops negative reports from being sent to credit reporting agencies.

It is easy to overspend, especially during the holidays. The National Center for Financial Education (NCFE) has "Money Helps" which includes "Steps To /Take To Reduce Your debts," "How to Spend Smarter for Household and Grocery Items" and "15 Ways To Improve Your Spending Techniques" plus the very popular "NCFE Spender's Profile," For your copies, please send $1 and a double stamped self-addressed envelope.

Send to: NCFE Spending Tips P.O. Box 34070, San Diego, CA. 92163-4070.

For more information contact: NCFE Executive Vice President: Paul Richard (619) 232-8811

New laws go into effect for DMV in '98

Smog certification requirement changes and new teen (provisional) driver licensing restrictions lead the list of DMV-related laws for the new year.

There are major changes in smog certification requirements. One (SB42) exempts vehicle model years 1973 and older from all smog requirements.

Another (AB 1492) exempts new vehicles from biennial smog certification requirements for four model years. Under the law new vehicle owners will now pay an annual four-dollar fee during each of those years.

As of Dec. 10, the department began processing registration renewals, from Dec. 10 through the end of the year, on 1973 and older vehicles without requiring smog certifications.

A third piece of legislation (AB 208) eliminates the voluntary $39 donation fee that exempted all new vehicles from the first biennial smog check.

Teens aiming to get their driver licenses in 1998 will find major changes taking place on July 1. That's the date when the provisional licensing program will begin requiring all aspiring teen licensees (under 18-years-old) to have a learner's permit for at least six months before they can take a drive test (SB 1329).

Teens will also be required to have at least 50 hours of supervised driving practice (at least ten hours during darkness), certified by either a parent or licensed driving instructor.

The provisional licensee will not be able to carry passengers under 20-year-olds at any time, nor drive between midnight and 5 a.m. during the first six months without special permission or an accompanying licensed driver at least 25-years-old.

During the second six months, the licensee will be able to transport passengers under 20 with supervision, but still won't be able to drive between midnight and five a.m.

The department advises that anyone applying for a license on or after July 1, 1998 will fall under the new law. Anyone applying before July 1 will fall under current law.

Other significant laws are:

• AB 130 - Requires that any person guilty of a felony or misdemeanor DUI, within 10 years of a prior felony offense, be designated as a habitual traffic offender for a three year period and have their driver license revoked for four years.

• SB 1177 - Requires that anyone convicted of a DUI who has a prior DUI conviction complete a DUI treatment program as a condition of probation. The person will not be given credit for any treatment program activities prior to the date of the current violation.

•AB 1238 - Requires the Department of Motor Vehicles to deny or revoke for three years the licensing certificate of anyone who drives a school bus, school pupil activity bus, youth bus, or general public paratransit vehicle if the applicant or certificate holder tests positive for a controlled substance.

•AB 1611 - Establishes a special certificate for anyone employed by a nonprofit entity to drive a motor vehicle for hire that will transport passengers with developmental disabilities.

•AB 74 - Authorizes the DMV to immediately suspend or delay the driver license of any person for six months, when they have been convicted of any specified controlled substance offense. Each additional conviction will add another six months to the suspension.

•AB 1277 - Requires the Department to print the state refueling notice on disabled parking placards issued after Jan. 1, 1999. It also requires DMV to provide this notice to each person issued a disabled person's license plate. The notice requires gasoline service station attendants, even at self-service pumps, to pump gasoline for vehicles driven by disabled persons.

Worship Directory

ST. JOHN OF THE CROSS CATHOLIC CHURCH
8086 BROADWAY
LEMON GROVE, CA 91945
PASTOR MSGR. EDWARD BROCKHAUS
Call Rectory for information and Mass Schedule. **466-3209**

LEMON GROVE CONGREGATIONAL UNITED CHURCH OF CHRIST
2770 Glebe Road • Lemon Grove
Edward Pettis, Pastor
Sunday Worship & Church School 10:15 a.m.

Lemon Grove Assembly of God
Currently using the
Mount Miguel High School at
1800 Sweetwater Road
Worship Service & Sunday School 10:00 a.m.
Nursery & Child Care provided
Pastor Jim Reed 697-7770

LEMON GROVE LUTHERAN CHURCH
Loving God - Living Christ
Corner Skyline and Alton Drive
John R. Embree, Pastor
Telephone: 465-7301
Worship Services:
Traditional 9 a.m. Contemporary 10:30 a.m.
Sunday School 10:30 a.m.

The End of Your Search for a Friendly Bible Church
LEMON GROVE CHRISTIAN CHURCH
Worship: 9:00 & 10:40 AM Sun.; 6:00 PM Sat.
Uplifting Music, Sunday School, Nursery
Excellent Youth Ministry, Preschool and Daycare
465-1888 Church — Myron Wells, Senior Minister — 465-1887 Preschool
6970 San Miguel Ave. Lemon Grove, 2 Blk W. of Mass.

PUBLIC NOTICES

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 97030808
The Name of the Business:
D.C. SNACKS
located at: 6942 Jackson Dr. in San Diego 92119-3405 is hereby registered by the following owner:
DENNIS L. TATE
6942 JACKSON DR.
SAN DIEGO, 92119-3005
This business is conducted by an Individual
The transaction of business began on: 12-1-97
Signature of Registrant:
DENNIS TATE
This statement was filed with Gregory J. Smith the Recorder/ County Clerk of San Diego County on DEC. 1, 1997
Lemon Grove Review
Dec. 11, 18 & 25 '97 & Jan. 1 '98

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 97030998
The Name of the Business:
COSMETECH
located at: 1724 Adrian Dr. in Alpine, CA 91903 (P.O. Box 684, Alpine, CA 91903) is hereby registered by the following owner:
SUZANNE H. NORDLUND
1724 ADRIAN CT.
ALPINE, CA 91901
JOHN M. NORDLUND
1724 ADRIAN CT.
ALPINE, CA 91901
This business is conducted by Individuals - Husband and Wife
The transaction of business began on: Feb. 1987
Signature of Registrant:
JOHN M. NORDLUND
This statement was filed with Gregory J. Smith the Recorder/ County Clerk of San Diego County on DEC. 02, 1997
Lemon Grove Review
Dec. 11, 18 & 25 '97 & Jan. 1 '98

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 97030372
The Name of the Business:
AUTO VILLA
located at: 6935 North Ave. in Lemon Grove, CA 91945 is hereby registered by the following owner:
JAMES R. BUSWELL
4825 DEL PRADO ST.
BONITA, CA 91902
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The transaction of business began on: 11-24-97
Signature of Registrant:
JAMES R. BUSWELL
This statement was filed with Gregory J. Smith the Recorder/ County Clerk of San Diego County on NOV 24, 1997
Lemon Grove Review
Dec. 18 & 25, '97, Jan. 1 & 8, '98

NOTICE OF TRUSTEE'S SALE TS No. 97-11010 Loan No. 3301917 Title Order No. 03060422-80 Investor/Insurer No. 2242858CA APN No. 576-140-53-00 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 12/12/94. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. **Notice** is hereby given that **CTC Foreclosure Services Corporation**, as duly appointed trustee pursuant to the Deed of Trust executed by Timothy R. Wright and Dessa R. Wright, husband and wife, as Joint Tenants, dated 12/12/94 and recorded 12/19/94, as Instrument No. 1994-0720011, in Book --, Page 46), of Official Records in the office of the County Recorder of San Diego County, State of California, **will sell** on 01/23/98 at 10:00 AM, at the South entrance to the County Courthouse, 220 West Broadway, San Diego, CA, at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any, of the real property described above is purported to be: 1861 Sonoma Lane, Lemon Grove, CA 91945. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is $174,383.58. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept cashier's checks drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition, but without covenant or warranty, express or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon as provided in said Note, plus fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. **CTC Foreclosure Services Corporation**, 400 Countrywide Way, SV-88, Simi Valley, CA 93065. Phone: (805) 520-5241. Sale Information (805) 578-6618. By: Christine Fuentes, Trustee's Sale Officer. CTC Foreclosure Services is a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. Dated: 12/31/97 ASAP#256699 1/1, 1/8, 1/15

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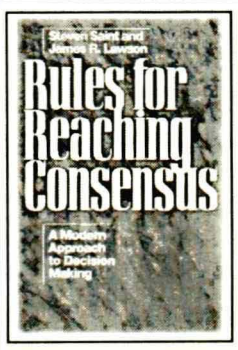

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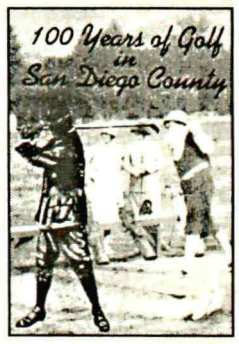

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Prevention spells relief for heartburn

Every month, an estimated 60 million Americans have at least one attack of heartburn (acid indigestion) that causes a burning sensation in the chest. "while occasional or mild heartburn is no cause for alarm, untreated or persistent heartburn can have serious consequences," said Sheldon Steiner, M.D., an internal medicine specialist with Physicians Healthcare Medicare Group, an affiliate of the UCSD Healthcare Network. "Heartburn can trigger inflammation of the esophagus, which could cause difficulty swallowing. In extreme cases, it could lead to a condition known as Barrett's esophagus, a change in the lining of the esophagus that sometimes leads to cancer."

A number of over-the-counter and prescription medications can be effective in relieving heartburn. "However, many people rely too heavily on drugs and not enough on prevention," Dr. Steiner said.

Preventing heartburn is easier when you understand what causes it. The stomach produces approximately a quart of hydrochloric acid each day, which usually stays in the stomach because a small valve at the end of the esophagus seals the acid off from the rest of the body. Normally, this valve, the lower esophageal sphincter, opens only when you swallow. However, especially as people age or after eating large or fatty meals, the sphincter may open up allowing hydrochloric acid to splash up into the esophagus. The lining of the esophagus is not as tough as stomach lining, therefore, the acid causes a burning sensation in the chest and/or the throat. When heartburn occurs frequently, it is called gastroesophageal reflux disease (GERD).

Dr. Steiner offered the following lifestyle changes for preventing heartburn:

• Eat earlier in the evening, two to three hours before going to bed. Acid is more likely to flow into the esophagus when you're lying down.

• Eat smaller meals. Excessive food consumption stretches the stomach and puts pressure on the sphincter, causing it to open.

• Be selective. In addition to fried or fatty foods (whole milk products such as ice cream, for example), tobacco, chocolate or peppermint, tomato products, citrus fruits and juices, coffee (even decaffeinated) and alcohol may increase the acidity of the stomach acids and increase the irritability to the esophagus. Aspirin can also trigger heartburn.

• Learn to relax. Excessive acid production may be stimulated by stress. Try to avoid eating "on the run" and strive to make family meals an enjoyable time - save unpleasant topics for later.

• Loosen your belt. Clothing that squeezes the stomach can increase pressure and contribute to heartburn. Try to avoid wearing tight pants, pantyhose or belts.

• Change your habits. Wait an hour after eating to exercise. Running and weightlifting, which increase pressure on the stomach, can trigger heartburn. Heartburn sufferers might try switching to biking, low-impact aerobics or walking.

• Raise your head. Many people report relief after raising the head of their bed by three to six inches by using blocks. Piling up pillows does not have the same effect.

• Stop smoking. This increases stomach acid production as well as contributing to other serious and life threatening diseases such as coronary artery disease, emphysema and lung cancer.

If all else fails, over-the-counter heartburn remedies may be worth a try. However, overuse of these drugs may mask a more serious problem than heartburn that needs medical treatment. Dr. Steiner explained that there are generally two types of non-prescription medications: antacids that help to neutralize stomach acid, and histamine2 (H2)-receptor antagonists that block the stomach's production of acid so that less splashes into the esophagus. When heartburn is infrequent or difficult to predict, an antacid containing combinations of calcium and/or magnesium can be taken at the first sign of heartburn. Antacids that have only calcium may cause constipation or actually increase the secretion of stomach acid, while those that contain only magnesium may trigger diarrhea.

Someone with frequent and predictable heartburn may want to try an H2 blocker shortly before eating. Although they take a little longer to begin working, their soothing effects can last for several hours.

Most importantly, anyone who is taking other medications should check with their family physician before taking any over-the-counter drugs, since they can change the absorption of some drugs or alter the effectiveness of others.

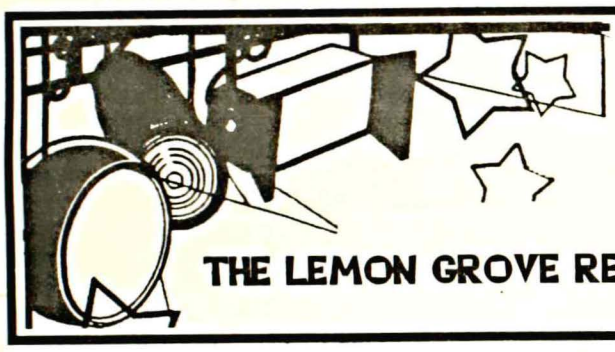
"Consumers need to be leery of advertising claims for these products," said Dr. Steiner. "There is not a great deal of difference between one or the other. Only time will tell which one works best for you."

Dr. Steiner emphasized that side effects such as diarrhea, altered calcium metabolism and magnesium retention can occur with long-term antacid use. Magnesium retention can be serious for patients with kidney disease.

Consult a family physician if non-prescription drugs don't seem to help relieve heartburn. H2 blockers that are twice as strong as over-the-counter products can be prescribed. Or, even more powerful new medications called proton pump inhibitors can almost completely block acid production. In addition, a physician may want to order diagnostic tests to check for possible obstructions or a hernia, which may require surgery to correct. New laparoscopic surgical techniques for repairing a hernia can reduce the length of hospital stay and recovery time.

"Oftentimes, chest pain that is attributed to heartburn might, in reality, be symptoms of coronary artery disease such as angina pectoris or an impending heart attack," said Dr. Steiner.

"Persistent chest or abdominal pain, even if relieved temporarily be antacids, should be evaluated by a physician if it lasts for more than a few days. Serious complications such as esophageal bleeding, ulcers or a narrowing of the esophagus may occur when heartburn is left untreated. However, with proper understanding of the causes of heartburn and a rational approach to treatment, most people will find relief."



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